



Snack Ideas

- Peanut butter filled pretzels
- Cheese and crackers
- ¼ cup nuts, such as pistachios, walnuts, almonds and a piece of fresh fruit or 1/4 cup dried fruit
- 2 sheets of graham crackers with natural peanut butter or almond butter
- 4-5 whole grain crackers with peanut butter
- 1 slice of whole grain bread with peanut butter
- Carrots, cherry tomatoes, cucumber, or celery sticks with an oil-based salad dressing or vinaigrette
- Popcorn trail mix: 1 cup of light popcorn mixed with ¼ cup of nuts and 2 Tbsp raisins
- Cereal Mix: ¼ cup of nuts, 2 Tbsp dried fruit, 1 Tbsp chocolate pieces and ¼ cup whole grain cereal
- Low-fat yogurt parfait with 2-3 Tbsp chopped nuts or granola
- Hummus with cut vegetables or whole wheat pita bread
- Sliced apple or banana with peanut butter
- Peanut butter smoothie: Blend 1 cup of low-fat vanilla yogurt, one banana and 1 Tbsp peanut butter
- Fruit smoothie: Blend 6 oz. of low-fat vanilla yogurt, ½ cup of skim milk, 1 cup of fresh or frozen berries (strawberries, raspberries, or blueberries)
- Fresh fruit or vegetables with ½ cup of low-fat cottage cheese
- 13 baked corn chips with fresh salsa
- A hard-boiled egg with a piece of whole grain toast topped with light, non-trans fat margarine

Snacking Tips:

- Focus on preplanning
- Keep snacks with you during the day
- Combine protein and carbohydrates at each snack
- Incorporate fiber into snacks by eating fruits, vegetables, and whole grains